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# Important News from HealthQuest

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♥ Submit a **SUCCESS STORY** in the month of **MARCH** and be entered into a drawing for a **FITBIT!**

♥ Go to [www.kansashealthquest.com](http://www.kansashealthquest.com) and find "Bulletin Board" on the lower right of the homepage and click "Success Stories" to submit one.

## **HealthQuest Success Stories**

"Providing me the opportunity to self-report has made me more aware of the important decisions I make every day, regarding my health – as in eating and exercising and having routine medical care" – **Legislation Employee**

"Participating in the wellness program has helped to make me more accountable" – **Spouse of KU Employee**

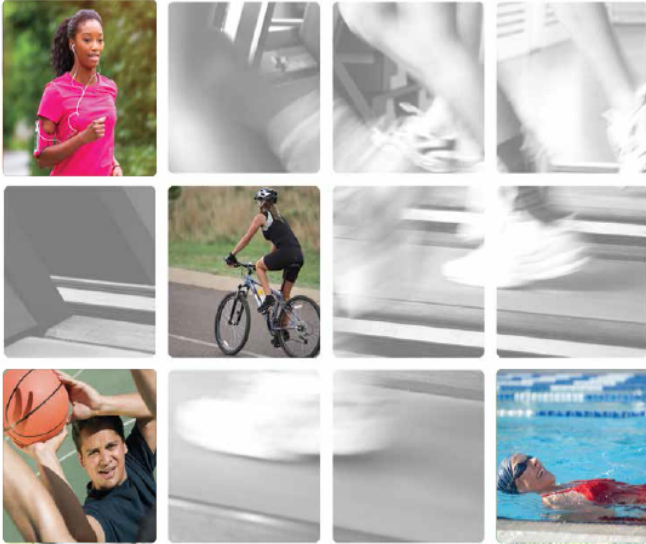
"I have much more confidence than I had before. I really enjoyed the lifestyle coaching. I had a wonderful coach. Thank you Nicole for everything" – **Larned State Hospital Employee**



## **"Fast Break to Fitness" Physical Activity Challenge Begins March 14th!**

Whether you are a beginner exerciser or a bit more seasoned join "Fast Break to Fitness" and choose the level that is right for you! This is a tiered physical activity challenge to jump start you into spring! Earn 105 activity points by April 8<sup>th</sup> for 5 HealthQuest credits. For more info go to <http://www.kdheks.gov/hcf/healthquest/challenges.html>

# Fast Break to Fitness



## How the Challenge Works

The Fast Break to Fitness Challenge is a 4 week physical activity program for everyone! Choose which level you want to follow, and you'll earn points by completing the following:

### LEVEL I

- Take a Break: Step away from your desk for 15 minutes (1 point)
- Exercise for 30 minutes or more (2 points)
- Do HIIT (High-Intensity Interval Training) for 5 minutes or more OR 15 minutes or more of Strength Training (3 points)

### LEVEL II

- Take a Break: Step away from your desk for 15 minutes (1 point)
- Exercise for 60 minutes or more (2 points)
- Do HIIT (High-Intensity Interval Training) for 10 minutes or more OR 30 minutes or more of Strength Training (3 points)

## How to Participate

Login to [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com).

Record your points each day on the portal or using the paper tracking form.

Enter all points online by April 15. 5 HealthQuest Credits will be awarded when you reach 105 total points.



## **Castlight – ([www.mycastlight.com/SEHP](http://www.mycastlight.com/SEHP))**

*(Registering Worth 3 HQ Credits, Complete the Quiz Worth 2 HQ Credits)*

### **Your insurance card is available on your smartphone!**

The next time you need your insurance card, just open the Castlight app on your phone!

Castlight is a free app that helps you find:

- The actual cost of what you can expect to pay after your insurance has been applied
- User reviews and quality scores for doctors and hospitals
- An electronic copy of your medical ID card
- Your deductible and how much you've spent towards it

Download the Castlight app from the Apple Store, Google Play or the Windows Phone Store. If you haven't registered already, it's free and easy.



## Tax Prep 2016

**Get started now.** Organize receipts, paycheck stubs, financial records, mortgage statements and other important documents, and try to estimate how much you will owe or be refunded. You want to schedule enough time to complete your return and avoid the April 15 filing-deadline rush.

**Educate yourself.** Learn about the latest tax laws to take advantage of as many deductions, exemptions and credits as possible. Visit the IRS website at [irs.gov](http://irs.gov) or call the IRS toll-free at 800.829.1040 for help. Also, consider hiring a CPA, financial planner or tax attorney for a complex return.

**Understand your payment options.** There are alternatives if you cannot immediately pay the taxes you owe. Installment agreements can be applied for at [irs.gov](http://irs.gov).

**If you can't file on time.** You can submit IRS Form 4868: Application for Automatic Extension of Time to File U.S. Individual Income Tax Return and receive an automatic six-month extension to postpone your filing date. This pushes back the due date for the paperwork. It doesn't give you more time to pay any taxes due, and you will still owe interest on any amount not paid by the April 18 deadline, plus a late payment penalty if you have not paid at least 90 percent of your total tax by that date.

Here when you need us. Call: 888.275.1205 Option 7 or [www.guidanceresourcesonline.com](http://www.guidanceresourcesonline.com) (Web ID: SOKEAP)

## Rx Savings Solutions

<https://portal.rxsavingsolutions.com/#/register> - Registration Worth 3 HQ Credits

## Therapeutic Alternatives

Saving money on prescriptions does not have to be a big hassle, or unsafe. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by considering therapeutic alternatives. A therapeutic alternative is a medication that has a similar medical effect in the treatment of a disease or condition, but does not contain the same active ingredient as the more expensive medication.

Here is an example of how switching to a therapeutic alternative can save you money:

- In 2015, the average SEHP members paid for a 30-day supply of the overactive bladder medication **Enblex 15mg** was **\$95.36**. However, the average paid for a 30-day supply of the therapeutic alternative **oxybutynin IR 5mg** was **\$3.12**.
  - **That is a savings difference of \$1,106.88 per year!**

Talk to your doctor, to find out if making a switch to a less expensive therapeutic alternative is an option for you. It is important for patients to be active participants in managing their health.

MARCH 2016

**Safety Corner**  
**Prescription for Safety**



**Lock up medicines and prescriptions; don't keep them in unlocked medicine cabinets or out in the open.**

Not only will this protect children in your home, it will also prevent drug addicts from obtaining them. If a break-in occurs or if visitors (who may have a drug problem) are in your home, don't make it easy for them to get to the drugs. Always dispose of unused prescriptions. Check with your local pharmacy to see if it has a disposal program. Or check [disposemy meds.org](http://disposemy meds.org) for a local **used drug take back day**, and take the unused drugs to the specified location.



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## **2016 EAP Monthly Webinar Schedule**

### **Quarter 2 (Well Being Campaign):**

- April 21<sup>st</sup> @ 3pm:** The Confident You: Taking Charge of Your Life
- May 26<sup>th</sup> @ 3pm:** Letting Go of the Things that Hold you Back
- June 21<sup>st</sup> @ 3pm:** Gratitude: A Skill for Happier Living

### **Quarter 3 (Resiliency Campaign):**

- July 19<sup>th</sup> @ 11am:** The Art of Patience
- August 25<sup>th</sup> @ 11am:** How to Deal with A Difficult Person
- September 22<sup>nd</sup> @ 11am:** How to Receive Criticism and Make it Work for you

### **Quarter 4 (Finance Campaign):**

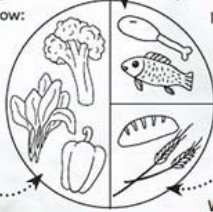
- October 18<sup>th</sup> @ 3pm:** 10 Strategies for Improving your Finances
- November 16<sup>th</sup> @ 3pm:** Managing Personal Finances
- December 22<sup>nd</sup> @ 3pm:** The Psychology Behind Saving Money and Other Good Financial Habits
  - Go to <http://www.kdheks.gov/hcf/healthquest/eapwebinars.htm> to register.

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# THE PLATE EVERYONE NEEDS

## Fruits and Vegetables –

Pick from every color in nature's rainbow: green, red, orange, yellow, blue, purple and white. Enjoy fresh, frozen or canned.



**Protein** – Enjoy seafood, poultry, white-meat pork, lean beef, eggs, beans, lentils, soy, tempeh and seitan.

**Grains** – Make half of your grains whole. Whole grains include brown rice, quinoa, amaranth, corn, hulled or hull-less barley, bulgur and oats.

**Dairy** – Choose low-fat or nonfat milk, Greek yogurt and cheeses.

**Unsaturated Fats (mono and poly)** – Vegetable oils such as canola and olive are good sources, as well as nuts, seeds, avocados and fatty fish.

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EAP Monthly Webinar Series – Worth 1 HQ Credit – March 23<sup>rd</sup>, 2016 at 3PM

## Cutting Through the Clutter

Most people have no idea how much their clutter affects them. It can affect their productivity, their self-esteem, their social life and even their weight! People who live with excess clutter say they can't find the energy to begin to clear it. They constantly feel tired and overwhelmed. When surrounded by clutter, it is impossible to focus or have clarity about life. In this workshop you will learn that clutter is not the result of sloppiness, laziness or incompetence but several surmountable obstacles. Recognizing the source of your clutter problem can empower you to address the problem directly without shame.

Register at: <https://attendee.gotowebinar.com/register/698820276446089987>. If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at [www.guidanceresources.com](http://www.guidanceresources.com) (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.

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## MAKE A GREAT PLATE.

Add fresh fruit to low-fat yogurt for a healthful dessert.

### Tropical Breakfast Fruit Parfait

#### INGREDIENTS

3 cups low-fat vanilla Greek yogurt	1 cup granola
1 cup cubed fresh pineapple	2 tbsp shredded coconut
1 cup cubed fresh mango	



#### DIRECTIONS

In 4 tall parfait glasses, evenly layer yogurt, pineapple, mango and granola. Top evenly with coconut. Serve immediately.

Makes 4 servings. Each: 313 calories • 12g protein • 5.5g fat • 57g carb • 3g fiber • 186mg sodium

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HealthQuest Monthly Seminar – Worth 1 HQ Credit – [www.kansashealthquest.com](http://www.kansashealthquest.com)

## Cleaner and Greener

There is a lot to think about when you shop for home and personal cleaning products. What's the cost? Will it work? And does it harm the environment. People want to know more about what's in these products and how they might affect their health. Learn what the EPA's Safer Choice label means for your health and safety.

To get to the seminars: Log on to [www.kansashealthquest.com](http://www.kansashealthquest.com), click "Rewards" at the top, scroll down and click "More" under "Spend some time in the Library"



Email: [HealthQuest@kdheks.gov](mailto:HealthQuest@kdheks.gov)